

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



## EAP Notes Dare to Make a Difference

It's true, one person can make a difference. A simple act of kindness or responsibility can positively influence the world and those around you. Helping to improve your environment and community takes less time than you think and can brighten your day as well. Every nice thing you do for a friend, neighbor, family member and even the environment causes a *ripple effect*.

The next time you think, "what could I possibly do?" consider the following simple ways to share kindness and make a big difference in your community.

- 🌍 **Adopt a hero.** Neighborhood heroes are found in our local schools, churches, fire and police departments. A simple act of kindness can show your appreciation for all they do. Just one hour a week baking cookies, running errands or volunteering where needed, reflects your generosity.
- 🌍 **Over-tip or pick-up the tab.** When that extra level of service is bestowed upon you, show your appreciation by over-tipping. The little extra can certainly make a difference in someone's day. Additionally, consider surprising the person behind you at the toll bridge or fast food line by paying for them as well.
- 🌍 **Donate to save a life.** Consider becoming an organ and tissue donor as well as giving blood on a regular basis. This act of kindness requires very little time, however the impact is immeasurable.
- 🌍 **Protect the Earth and exercise.** The next time you jump into your car to run a quick errand, consider hopping on your bike instead. Just one less car trip a week will help cut pollution and helps you shape-up at the same time.
- 🌍 **Stop wasting water.** If you live in an area that is prone to drought, it is important to conserve and use water responsibly. Something as simple as turning off the water while brushing your teeth can save several gallons each day. Consider also thawing food in the refrigerator rather than running water over it, or going to the car wash where a percentage of the water is re-used.
- 🌍 **Reuse materials one more time.** Plastic grocery bags can also be used as trash bags in your home. Paper can be used at home or at schools. Take home paper that still has a clean side for children to draw on or donate to a local school, however first check your office policy.

-Adapted from 25 Small Ways to Make a Big Difference

*Make a difference in your life. Contact a Best Care EAP professional counselor for confidential assistance with personal stress or job related concerns. Please call (402)354-8000 or (800)666-8606.*

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*Best Care*  
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